



**February 9, 2015**

## **Spring Conference Save-the-Date**

Our Spring Conference will be held April 7 & 8, 2015 in Helena at the Wingate Hotel. We will have a full day on Tuesday the 7th and wrap-up in the afternoon on Wednesday the 8<sup>th</sup>. Please review the [draft agenda](#) and [register now](#). The state rate at the hotel will be available Monday, Tuesday and Wednesday night for those who will need to travel further distances.

You may book your room anytime between now and March 15, 2015 by calling 406-449-3000 or emailing Tiffanie Zavarelli at [Agm@winwingatehelena.com](mailto:Agm@winwingatehelena.com), identify yourself as being with "The Montana WIC Program". The state will reimburse costs for two staff members from each local agency (required attendance); however, we encourage more participation where possible. There will be content and training related specifically to retailer activities, so it is highly encouraged to send your LARC. Stay tuned for more details.

## **Proration Dates**

Some of you noticed that the three-quarter package started on February 5 and we would like to clarify that this is correct. Proration dates change each month and are determined based on the last day of the month. This month the half package will begin on February 13 and the quarter package will begin on February 21.

## **Outreach Ideas**

A couple of weeks ago outreach was brought back to the forefront with the conference call and through a newsletter article on outreach plans for local agencies. Please fill out the [Outreach Plan](#). The State office encourages Outreach for local WIC clinics as often as possible. Monthly outreach ideas will be added to the WIC newsletter for you to use or not – your choice. This month's outreach idea is: Reach out to local hospitals, participate in a health fair if possible, and renew (begin) friendships with local doctors and nurses as referral sources for WIC. Have fun with meeting new people and spread the word about WIC!

## **Breastfeeding Peer Counselor Program (BPCP) Conference Call**

The next BPCP Conference Call will be held on Wednesday, February 25, 2015, starting at 9:00 am. If you have agenda items, please submit them by 12:00 noon Friday, February 20, 2015. The call agenda and call-in information will be in the WIC newsletter for the week of February 23<sup>rd</sup>.

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## WIC Futures Study Group- RSVP

The next face-to-face WIC Futures Study Group meeting will be in Helena on April 1-2, 2015. Please [email Kate](#) if you plan to attend as an observer. We have a room large enough to accommodate 30-40 people and will be providing lunch, therefore we would like to get a rough count on how many plan to attend. Thank you!

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## Two WIC CEU Opportunities

The first is a short video presentation of [“How Mothers Can Nurse Themselves Healthy”](#) by E. Bimla Schwarz at TEDMED. It is worth 0.5 WIC CEUS. Submit the Post – Article, Short Webinar and Teleconference Request for CEU form.

The second item is an article in the CDC *Morbidity and Mortality Weekly Report* and is data on the rate of use of opioids during pregnancy prescription data. [“Opioid Prescription Claims Among Women of Reproductive Age — United States, 2008–2012”](#) is worth 0.5 WIC CEUS.

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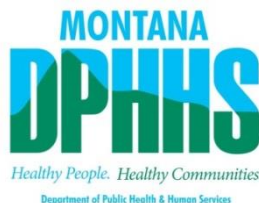
## Outreach News from the Montana Food Bank Network

View the Montana Food Bank Network’s [Newsletter](#), which includes legislative updates, outreach resources, new research, grant opportunities, and a staff farewell. Please take particular note of the Food Security Council’s request for [award nominations](#) to recognize significant accomplishments toward ending hunger and promoting good health and nutrition in Montana.

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## March is National Nutrition Month

If you would like some ideas for local events, promotional materials, bulletin board ideas, etc., see the Academy of Nutrition and Dietetics [website](#) for more information.



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